

# Crediting Yogurt for Grades K-12 in the National School Lunch Program and School Breakfast Program

This guidance applies to the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP). For information on the meal patterns and crediting foods, refer to the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals for Grades K-12](#), and visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#) webpages.

Quantities for the meat/meat alternates component are indicated as ounce equivalents in the NSLP meal pattern for grades K-12; and as ounces in the ASP meal pattern for grades K-12. The amount that credits as 1 ounce equivalent or 1 ounce of meat/meat alternates is the same. This document refers to ounce equivalents for simplicity.



Yogurt and soy yogurt credit as the meat/meat alternates component in the meal patterns for school nutrition programs. Yogurt may be plain or flavored; sweetened or unsweetened; whole-fat, low-fat, or nonfat; and may contain added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration's (FDA) standard of identity for yogurt ([21 CFR 131.200](#)), low-fat yogurt ([21 CFR 131.203](#)), or nonfat yogurt ([21 CFR 131.206](#)).



## Serving Size

The required serving size for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A  $\frac{1}{2}$ -cup serving (volume) or 4 ounces (weight) credits as 1 ounce equivalent of the meat/meat alternates component in the school meal patterns. Table 1 shows the meat/meat alternates contribution for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt	
Serving size	Meat/meat alternates
$\frac{1}{8}$ cup (1 ounce)	$\frac{1}{4}$ ounce equivalent (minimum creditable amount)
$\frac{1}{4}$ cup (2 ounces)	$\frac{1}{2}$ ounce equivalent
$\frac{1}{2}$ cup (4 ounces)	1 ounce equivalent
$\frac{3}{4}$ cup (6 ounces)	$1\frac{1}{2}$ ounce equivalents
1 cup (8 ounces)	2 ounce equivalents

# Crediting Yogurt for Grades K-12 in the NSLP and SBP

## Yogurt in Smoothies

Yogurt and soy yogurt may credit as the meat/meat alternates component when served in smoothies. To credit smoothies made on site, school food authorities (SFAs) must have a standardized recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 ounce equivalent of the meat/meat alternates component, the recipe must indicate that each serving contains ½ cup of yogurt. For information on standardized recipes, visit the “[Crediting Foods Prepared on Site in School Nutrition Programs](#)” section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

To credit yogurt in commercial smoothies, must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the total weight of meat/meat alternates contained in one serving of the product. Commercial smoothies cannot credit as the meat/meat alternates component without a CN label or PFS.



For information on CN labels and PFS forms, review the CSDE’s resources, [Child Nutrition \(CN\) Labeling Program](#), [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#); and the USDA’s PFS forms and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#). For additional guidance on documentation for commercial products, visit the “[Crediting Commercial Processed Products in School Nutrition Programs](#)” section of the CSDE’s [Crediting Foods in School Nutrition Programs](#) webpage.

The addition of yogurt to a smoothie is not a substitution for fluid milk. SFAs must offer a variety of fluid milk at breakfast and lunch to meet the milk component requirement of the NSLP and SBP meal patterns for grades K-12.

For more information on smoothies, refer to the CSDE’s resource, [Crediting Smoothies for Grades K-12 in the NSLP and SBP](#).

## Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in the meal patterns for school nutrition programs. The FDA’s definition and standard of identity requires that yogurt must be “coagulated,” not liquid. The FDA does not have a standard of identity for frozen yogurt. Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA’s definition and standard of identity for yogurt, and do not credit in the meal patterns for school nutrition programs.

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## Nutrition Guidance

The CSDE encourages SFAs to read labels, and consider fat and sugar content when purchasing yogurt for school meals and ASP snacks. The USDA and the *Dietary Guidelines for Americans* recommend serving low-fat and fat-free yogurt for ages 2 and older. These types of yogurt provide the same nutrients as whole-milk yogurt, but contain less saturated fat and fewer calories.

Many types of yogurt are high in added sugars. For guidance on choosing yogurt with fewer added sugars, visit the USDA's [Choose Yogurts that are Lower in Sugar](#) webpage and watch the USDA's webinar, [Choose Yogurts that are Lower in Added Sugars](#).

The CSDE encourages menu planners to read labels and choose products without artificial and nonnutritive sweeteners (e.g., aspartame, acesulfame potassium, sucralose, and stevia), and sugar alcohols. These products are often labeled as “light” or “lite.”

## Resources

Accepting Processed Product Documentation in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/AcceptDocumentationSNP.pdf>

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program Handbook (CSDE)

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

CACFP Halftime Webinar: Choose Yogurts that are Lower in Added Sugars (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-added-sugars-cacfp-halftime>

Choose Yogurts that are Lower in Added Sugars (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Meal Patterns for the ASP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program#MealPatternsASP>

## Crediting Yogurt for Grades K-12 in the NSLP and SBP

Meat/Meat Alternates Component for Grades K-12 (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#MMA>

Meat/Meat Alternates Component for Grades K-12 in the ASP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#MMAK12>

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Menu Planning Resources for School Meals (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/MenuPlanResourcesSchools.pdf>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Meats-Meat\\_Alternates\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf)

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

[https://fns-prod.azureedge.net/sites/default/files/reviewer\\_checklist.pdf](https://fns-prod.azureedge.net/sites/default/files/reviewer_checklist.pdf)

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP:

<http://www.fns.usda.gov/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

# Crediting Yogurt for Grades K-12 in the NSLP and SBP



For more information, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditYogurtSNPgradesK-12.pdf>.

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- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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